

July 2016 NMCP Prenatal Classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|--|--|--|---|------------------------------------|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | Independence Day | 1100-1230 NMCRS Budget for Baby | 1230-1430 Breastfeeding Basics | 1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour | | 0900-1300 Childbirth Prep class |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | 1230-1430 Breastfeeding Basics | 1000-1100 Pregnancy and Postpartum Support Group 1300-1430 Labor & Delivery Tour | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | 1230-1430 Working and Breastfeeding | 1100-1230 NMCRS Budget for Baby | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | 1230-1430 Breastfeeding Basics | 1000-1100 Pregnancy and PP Support Group 1300-1700 Childbirth Prep class and Tour 1730-1900 Labor & Delivery Tour | | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | To Schedule Education Classes call: 1-866-MIL-HLTH (1- 866-645-4584) Or NMCP OB-GYN at 953-4300. | *Childbirth Prep classes are held in the Magann Conference Room in front of OB- GYN clinic, Bldg. 2, 4 th Floor. | *Breastfeeding classes are held in Bldg 2, 4 th floor 4KL Dayroom in the Postpartum Inpatient Ward. | *Pregnancy and Postpartum Support group meets in Social Work Conference Room, Bldg 3, 4 th Floor Call 953-5861 to schedule | *Navy Marine Corps Relief Society offers Budget for Baby twice monthly at NMCP, Call 757-953-5956 to schedule. | |